

# Your Medical Home



**Lyster Army  
Health Clinic**



## Newsletter Clinic Updates

### **NEW TRICARE Nurse Advice Line**

Speak with a nurse 24/7 by calling 1-800-874-2273

### **Back to School Cooking Class**

Nutrition Care is hosting back to school cooking class Aug. 22 from 1200-1300. Sign up by calling 334-255-7986

### **School Physicals and Blue Cards**

Remember to schedule your child's school physical for the upcoming school year. Blue Cards take about 72 hours to return back to parents.

## Secure Messaging

- E-mail your doctor
- Request Appointment
- Request medication renewals from your provider
- Get Lab Results

Just give your e-mail address to our staff, call 334-255-7587, register at <https://app.relayhealth.com/> or scan.



Lyster will close Aug. 20 at noon for mandatory training. We will reopen at 0730 Thursday, Aug. 21.

Lyster will be closed for Labor Day on Monday, Sept. 1. We will reopen at 0730 Tuesday, Sept. 2.

## Did you know?

- If you have written prescriptions to drop off but don't need them right away, please use the Refill Windows to drop off your prescriptions. Your prescription will be ready 72 hours later.
- Sick call for Soldiers is from 0600-0630 Mon - Fri.
- Team Respect is now making same day appointments. Call 255-7000 to book an appointment today.
- A list of After Hours Urgent Care Clinics is located on the Lyster webpage.  
Visit [www.rucker.amedd.army.mil/](http://www.rucker.amedd.army.mil/)

To schedule an appointment, call 334-255-7000 or book online at [www.tricareonline.com](http://www.tricareonline.com)

## August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 ● ●	5	6 ● ●	7 ● ●	8	9
10	11 ● ●	12	13 ● ●	14 ● ●	15	16
17	18 ● ●	19	20 ● ●	21 ● ●	22	23
24	25 ● ●	26	27 ● ●	28 ● ●	29	30
31						

- Yoga 11:45 a.m.-12:45 p.m.
- Sleep Hygiene 9-11 a.m.
- Cooking Class 12-1 p.m.
- Diabetes Prevention 9 a.m.— noon
- Healthy Heart Management 9-11 a.m.
- ZUMBA 4 p.m.

**Nutrition Care Clinic**  
**334-255-7986**

**Yoga**  
**334-255-9908**



Sign up for TRICARE Online today:

- Make an appointment 24/7
- View medical records
- Refill prescriptions



After your appointment you may receive an Army Provider Level Satisfaction Survey (APLSS) in the mail. Please do not throw it away. Please fill out the survey on the paper provided (prepaid return envelope included), online at the link provided, or call the number listed to complete the short telephone survey.

Surveys returned with satisfactory marks can earn Lyster extra dollars, which help keep our clinic up to date with the latest equipment and services available for you.

Thank you,  
Lyster Army Health Clinic Staff